

SOB – TOUCH RUGBY (PRACTICE) RULES

- Kick offs and restarts after a try are to be drop-kicks
- Knock-ons or drop balls at the kick off or restart results in a kick back (drop-kick) to the other team
- 6 two-handed tags then turn over to other team
- Dropped passes result in a turnover only if the ball goes forward or was knocked on
- Play continues if the drop ball was a result of a bad backwards pass (just like in a game the ball is live)
- Unless a referee is present, the defense will call forward passes, knock-ons and other infractions.
- Advantage for the defending team, from a knock on, unless the attacking team that knocked on touches the ball before the advantage is taken. If the ball is touched by a player from the team that knocked it on then a tap ball must occur to restart the game
- You may kick after the 5th two handed tag for possession (and another 6 tags) if the ball travels more than 10 meters towards the try line and is caught in the air.
- If not caught in the air by the kicking team or the ball doesn't travel 10 meters towards the try line, kick results in a turn over to the other team, where the ball lands.
- If the defending team tries to catch the ball and knocks it on, it results in 6 more tags for the kicking team where the knock on occurs, if no advantage is taken
- The two handed tags should be below the shoulders
- Call out your tags don't expect any one to stop play unless "TAG" is called
- If the attacking team does not return to the mark of the tag, then tag (stand up tackle) them so they won't travel past the mark.
- After the tag the ball is replayed by posting the ball between your legs. Defensive team should retreat at least 2 yards from the mark, or they will be deemed offside.
- If the dummy (scrum) half runs with the ball and is tagged before passing, it will result in a turnover.
- If you post the ball and do not protect it or bridge over it, and your support playing scrum half is not there to play the ball. The ball is considered out and the ball is free to play by any on-side opposition player.
- If you travel through the mark and do not attempt to get back to the mark and the ball is posted (not bridged) it is considered out and playable by any opposition player even if he is considered to be offside.
- If you travel through the mark you may pass the ball back to the mark to be posted by another player on your team

Our game of touch is not the world cup!

This is for fitness and to teach support play and practice basic rugby skills - which should include: two handed passing, creating space for the man receiving the pass, straight running and defensive communication

And yes this should actually be Fun!